No Cheese Spread

Ingredients:

- **5 tbsp** olive oil
- **1** small red bell pepper, seeded and coarsely chopped
- **1 ½ cups** raw cashews
- **¼ cup** raw sesame seeds
- **½ cup** water
- **⅓ cup** nutritional yeast flakes
- **¼ cup** lemon juice
- **¼ cup** canola or safflower oil
- **1 tbsp** Bragg Liquid Aminos (similar to soy sauce; used as a salt replacer)

Heat 1 tbsp of olive oil in a frying pan over medium-high heat. Add bell pepper and cook until tender; 5-7 min. Transfer to a blender

Add remaining ingredients and blend until smooth. Keeps up to a week in the fridge.

Recipe donated to FNB in 2002 by helennrick@ssm.ca, retrieved in 2022

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